

## What is claimed is:

- [Claim 1] 1. An apparatus comprising
- a mobility assistance device further comprising
    - a thin flexible strip characterized by a width, a length which is adapted to permit it to be wrapped around two human ankles, and a thickness and which strip further has
      - a first end,
      - a second end,
      - a center, wherein the thickness of the center is greater than the thickness of the first and second ends,
      - an inner surface, and
      - an outer surface,
    - a plurality of fasteners affixed to locations selected from the first end of the strip, the second end of the strip, and the center of the strip on the inner surface, wherein the fasteners are adapted to permit the releasable attachment of the first end to at least one of the second end and the center and to permit the releasable attachment of the second end to at least one of the first end and the center.
- [Claim 2] 2. The apparatus of claim 1 wherein the fasteners comprise hook and loop tape.
- [Claim 3] 3. The apparatus of claim 1 wherein the fasteners comprise hooks and eyes.

[Claim 4] 4. The apparatus of claim 1 wherein the fasteners comprise snaps.

[Claim 5] 5. The apparatus of claim 1 wherein

a first fastener is affixed to the inner surface of the strip adjacent the first end of the strip and a second fastener adapted to mate with the first fastener is affixed to the inner surface of the strip adjacent the center of the strip, and

a third fastener is affixed to the outer surface of the strip adjacent the first end of the strip and a fourth fastener adapted to mate with the third fastener is affixed to the inner surface of the strip adjacent the second end of the strip.

[Claim 6] 6. The apparatus of claim 1 wherein

a first fastener is affixed to the inner surface of the strip adjacent the first end and a second fastener adapted to mate with the first fastener is affixed to the outer surface of the strip adjacent the second end.

[Claim 7] 7. The apparatus of claim 1 wherein the strip is made of fabric.

[Claim 8] 8. The apparatus of claim 1 wherein the strip is made of a woven polyester/cotton blend fabric.

[Claim 9] 9. The apparatus of claim 1 wherein the strip is made of a plurality of layers of fabric and wherein the center of the strip comprises an insert and a pocket located in the center of the strip which is formed between two of the plurality of layers of the fabric, which pocket is adapted to hold the insert, thereby making the thickness of center of the strip greater than the thickness of the first and second ends of the strip.

[Claim 10] 10. The apparatus of claim 9 wherein the insert comprises a washcloth, folded to approximately the size of the pocket.

[Claim 11] 11. The apparatus of claim 9 wherein the insert is made of semi-firm foam.

[Claim 12] 12. An method for making a mobility assistance comprising making a strip further comprising the steps of:

selecting a rectangular piece of fabric which has a width and length and first through fourth edges, wherein the width of the fabric is approximately four times the width of the resulting strip and the length of the fabric is approximately the length of the resulting strip,

folding the rectangular piece fabric in half lengthwise to form a first folded piece of fabric comprising two layers and having opposing parallel edges comprising respectively a first fold and the overlapping first and third edges of the rectangular piece of fabric,

affixing at least one fastener to the first folded piece of fabric adjacent the first fold and adjacent at least one of the first end, the second end, and the center,

affixing at least one fastener to the first folded piece of fabric adjacent the overlapped first and third edges of the rectangular piece of fabric and the first end,

folding the first folded piece of fabric in half lengthwise to form a second folded piece of fabric comprising four layers and having opposing parallel edges comprising respectively a second fold and the overlapping first fold and overlapped first and third edges of the rectangular piece of fabric,

joining all layers of the second folded piece of fabric together along two parallel lines near the center which extend from the second fold to the overlapping first fold and overlapped first and third edges of the rectangular piece of fabric to create a central pocket, and

placing an insert in the central pocket.

[Claim 13] 13. A method for moving the legs of an individual comprising the steps of

placing the mobility assistance device of claim 1 beneath both ankles of an individual with the center of the strip centered between the ankles,

wrapping the first end of the strip around one of the ankles of the individual to bring the first end of the strip adjacent the center of the strip,

wrapping the second end of the strip around the other ankle of the individual to bring the first end of the strip adjacent the center of the strip,

fastening the first end of the strip to at least one of the second end of the strip and the inner surface of the center of the strip,

fastening the second end of the strip to at least one of the first end of the strip and the inner surface of the center of the strip,

grasping all layers of the mobility assistance device at the center of the strip between the ankles of the individual, and  
moving the legs of the individual by

pulling upward on the mobility assistance device,

moving the mobility assistance device to the right or left, causing the legs of the individual to pivot using the hips as a pivot point,  
and

lowering the mobility assistance device when the legs have reached the desired rotation.

[Claim 14] 14. The method of claim 13 wherein

in the first listed fastening step the at least one of the second end of the strip and the inner surface of the center of the strip comprises the inner surface of the center of the strip, and

in the second listed fastening step the at least one of the first end of the strip and the and the inner surface of the center of the strip comprises the first end of the strip.

[Claim 15] 15. The method of claim 13 wherein

in the first listed fastening step the at least one of the second end of the strip and the inner surface of the center of the strip comprises the second end of the strip, and

in the second listed fastening step the at least one of the first end of the strip and the and the inner surface of the center of the strip comprises the first end of the strip.

[Claim 16] 16. The method of claim 13 wherein the mobility assistance device is made using the following steps:

selecting a rectangular piece of fabric which has a width, length, first through fourth edges, first end, second end, and center, wherein the first and second ends and the center correspond to the first and second ends and the center of the resulting strip, and wherein the width of the fabric is approximately four times the width of the resulting strip and the length of the fabric is approximately the length of the resulting strip,

folding the rectangular piece fabric in half lengthwise to form a first folded piece of fabric comprising two layers and having opposing parallel edges comprising respectively a first fold and aligned first and third edges of the rectangular piece of fabric,

affixing at least one fastener to the first folded piece of fabric adjacent the first fold and adjacent at least one of the first end, the second end, and the center,

affixing at least one fastener to the first folded piece of fabric adjacent the overlapped first and third edges of the rectangular piece of fabric and the first end,

folding the first folded piece of fabric in half lengthwise to form a second folded piece of fabric having four layers bounded by four edges, with the first and third edges being parallel and comprising respectively a second fold and the overlapping first fold and overlapped first and third edges of the rectangular piece of fabric, and the second and fourth edges corresponding to the second and fourth edges of the strip,

joining all layers of the second folded piece of fabric together along two parallel lines near the center, which lines extend perpendicularly from the second fold to the overlapping first fold and overlapped first and third edges of the rectangular piece of fabric to create a central pocket.

[Claim 17] 17. The method of claim 16 wherein

in the first listed affixing at least one fastener step, the step comprises affixing a third fastener to the first folded piece of fabric adjacent the first fold and the second end, and

in the second listed affixing at least one fastener step, the step comprises affixing a fourth fastener to the first folded piece of fabric adjacent both

the overlapped first and third edges of the rectangular piece of fabric and the first end.

[Claim 18] 18. The method of claim 17 wherein the fourth fasteners comprises hook tape and the third fasteners comprises loop tape.

[Claim 19] 19. An apparatus comprising a mobility assistance device made by the method of claim 12.

[Claim 20] 20. An apparatus comprising

a mobility assistance device further comprising

a thin flexible strip having of a plurality of layers of fabric and characterized by width, length, and thickness, and which strip has an inner surface and an outer surface and which strip further has

a first end,

a second end, and

a center, wherein the center includes a pocket formed between two of the plurality of layers of fabric,

an insert adapted to be inserted in the center pocket thereby creating a thickness in the center of the strip that is greater than the thickness of the first and second ends,

a plurality of fasteners affixed to the strip comprising

a piece of loop tape affixed adjacent the first end on the outside surface of the strip, and

a mating piece of hook tape affixed adjacent the second end on the inner surface of the strip.

[Claim 21] 21. The apparatus of claim 20 wherein the insert comprises a multi-layered terry-cloth form.

[Claim 22] 22. The apparatus of claim 20 wherein the fabric comprises a woven polyester/cotton blend.

[Claim 23] 23. The apparatus of claim 20 wherein the plurality of layers of fabric are formed by folding a single larger piece of fabric in quarters lengthwise.

[Claim 24] 24. The apparatus of claim 20 wherein the length of the strip is around thirty-eight inches and the width of the strip is around four and one fourth inches.

[Claim 25] 25. The apparatus of claim 20 wherein the length of the strip is around forty-six inches and the width of the strip is around four and one fourth inches.